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Special operations forces nutrition guide

Members of the U.S. Military's Special Operations Forces are like navy seal and army special forces you watch on TV, only the stakes on their missions are much higher. Like competitors, Spec Ops members need to be mentally focused and physically ready to handle any challenge. That's why these Warrior athletes take their fuel as athletes in the NFL, MLB and NBA. For evidence of the critical importance of feeding Spec Ops members, look no further than the Special Operations Force Nutrition Guide, by Dr. Patricia Deuster. The U.S. Special Operations Command (USSOCOM) commissioned Dr. Deuster to write the book, which is more than 220 pages long. Members of the U.S. Army's Special Operations Forces - elite teams like the Navy SEAL and Army Special Forces - are like the professional athletes you watch on TV, only the stakes of their life or death missions are much higher. Like competitors, Spec Ops members need to be mentally focused and physically ready to handle any challenge. That's why these Warrior athletes take their fuel as athletes in the NFL, MLB and NBA. For evidence of the critical importance of feeding Spec Ops members, look no further than the Special Operations Force Nutritiion Guide, by Dr. Patricia Deuster. The U.S. Special Operations Command (USSOCOM) commissioned Dr. Deuster to write the book, which is more than 220 pages long. Dr Deuster shares three of the biggest nurturing challenges facing Spec Ops soldiers, as well as tips on how to overcome them. The problem: Retraining as endurance athletes, Spec Ops soldiers often push their bodies out of bounds without leaving enough time to recover. Overstrain can lead to poor performance, fatigue, insomnia and injury. Solution: Glycogen is the fuel that sustains your muscles. Keep your glycogen levels high through fuel with carbohydrates four hours before exercise and recharge with carbohydrates every 30 minutes to four hours after exercise. During intense activity, Dr Deuster recommends getting 80 per cent of your energy from carbohydrates, 20 per cent of protein and 0 per cent of fat. The problem: Bad habits given their rabbit schedules and limited dietary options, many soldiers fall into a diet-related diet-related caffeine, nicotine and vending machine. Over time, poor eating habits can lead to performance problems that can't be solved with a few days of crammed healthy eating. Solution: If two or three options offer the same nutritional value, always charge with real food instead of pre-packaged foods. For example, when traveling, plan to bring snacks from fruits and nuts in advance, not protein bars. Keep Your ready during the 2016 season by regulating your energy intake to 55 percent carbohydrates, 20 percent protein and 25 percent fat. The problem: Heat Spec Ops soldiers who rush around hundreds of pounds of equipment in some of the most extreme conditions on the planet. If they are not careful, they can easily lose several kilograms of body weight to sweat in a matter of hours. For a 150-kilogram person, body weight loss of less than four pounds can lead to impaired decision-making and a 35 percent drop in physical activity. Solution: Drink one to two glasses of liquid every 30 minutes, even if you don't feel thirsty. Bring snacks that complement liquid, such as watermelon, oranges, strawberries and grapes. If you know it will work in scorching heat, make sure you consume more calories. At temperatures of 86 to 104 degrees, you need ten per cent more calories to complete the same task. Picture: Getty Images//Thinkstock Page 2 A typical service member in a garrison should consume about 3,250 calories a day for food. Aaron Crombie, PhD, is in the process of assessing how much more special operator he needs to eat. Crombie, who works for the military nutrition department at the U.S. Army's Environmental Research Institute, or USARIEM, at The Tik Soldier Systems Center, Mass., led a team that studied special operations forces at training sites across the country to find this. The results will be used to adjust the basic daily meal, or BDFA, for eateries that serve their meals. We know these people move a lot, Crombie said. They train a lot. Some of them do workouts two a day. They spend a lot of time in the gym, a lot of time in the range. This isn't the first time USARIEM has studied the needs of special operators in a garrison, said Andrew Young, Ph.D., head of the military nutrition department. Special forces have long argued that their men work harder and maintain much higher energy consumption rates than the average soldier when training in a garrison and sneering at eateries, Young said. As a result, they argue that their eateries should be able to provide more money for dinner to provide more food and expand their activities better to better meet the nutritional needs of those more active special operations units that train in a garrison. The ongoing Usariem study began at the Combat Diver Qualifying Course in Key West, Fla. Crombie said preliminary results showed that service members at that location needed 4,600 calories a day. Data from Fort Bliss, Texas, and Fort Bragg, N.C., will also be included in the study. The diving school is likely to be the highest end of the spectrum, Crombie said. Data collection should be done (by the end of March.) According to Young, nutritional energy needs are evaluated using the so-called water technique with over 100 characters. At the beginning of testing, service members drink water enriched with natural isotopes. You can then measure the decline in these isotopes in the body, Young said. Based on the rate of the falling isotopes, we can actually calculate the rate of carbon dioxide from the body, body, in turn provides an accurate estimate of the speed that the body is burning calories. We compare the caloric burns in special forces with the data we measured in soldiers of other types of units. We receive a representative sample of the members of the Special Forces Department who are engaged in representative activities. We track them during about five to seven days of training. Crombie said previous studies have shown that special operators burn up to 40 percent more calories in garrison activities than other service members do. The report from the ongoing USARIEM study should be available sometime this summer, he added. They're older guys, Crombie said of the special operators. They have more muscles, so it's more calories they burn just moving around. They carry a lot of equipment. Crombie had nothing but compliments about the subjects and their high level of cooperation with his team. They were really respected. They're really interested in what we're doing, Crombie said. It was a good attempt to work with the units and work with the guys who coordinate (it) because they're really on the issue. Show full article Showing 1-10 Start your review of Special Operations Forces Nutrition Guide John rated really liked it 14 March, 2016 Stefan Tue rated really liked it February 13, 2013 Jill Crist tagged it as reading November 12, 2014 Brian tagged it as reading Mar 30, 2016 Christos marked it as reading Mar 26, 2017 lyad marked it as reading August 29, 2018 Page 2 Special Operations Forces (SOF) are Athlete Warriors, the ultimate. The physical and mental requirements imposed by SOF training and missions require appropriate eating habits and interventions so as to optimise productivity under the strictest conditions and preserve health. Follow this link to see the full guide to SOF nutrition: © 1996-2014, Amazon.com, Inc. or its affiliates

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